

# BULLETIN HIGHLIGHTS

SEPTEMBER 2025





# Co-Presidents' Message

Welcome back! We hope there was time in your busy lives to get out and enjoy our beautiful Manitoba summer. With September approaching, we look forward to the upcoming events, activities and meals happening at the club this fall season.

Are you a new member? If you joined in September 2024 or later, you will receive an invitation to attend our new members' lunch on Tuesday, September 23rd. There will be an opportunity to mix and mingle with other new members as well as members of the executive team who will be on hand to answer questions you may have about the club.

Don't forget about our fall general meeting scheduled for Wednesday, October 1st. The general meeting provides an opportunity to update the membership on upcoming activities and plans. Our usual Tuesday lunch moves to Wednesday to accommodate the meeting. This year we have added a keynote speaker. Sharilyn Knox, Mayor of Portage La Prairie, speaks to us about being a woman leader in municipal politics, the challenges of political life as well as an update on what's going on in her city!

Just a reminder to committee and activity leads to please let Jolene in the office know as soon as possible about the scheduled dates and times for your meetings and activities. The club calendar needs to be updated with the most accurate information and is an essential tool for staff in keeping the club running smoothly.

This edition of the Bulletin is chock-full of events and activities for you to experience and enjoy this fall. Read on, check it out and join in!

# Become a UWC Member

Now is the perfect time to join UWC! For just \$100, enjoy an exclusive *Introductory Year* membership packed with incredible benefits. Don't miss out—unlock new opportunities, connect with a thriving community, and make the most of everything UWC has to offer!



Exclusive rental discounts  
at the historic Ralph  
Connor House



Members-only programs  
designed to inspire and  
engage



Access to continuing  
education courses to  
expand your knowledge

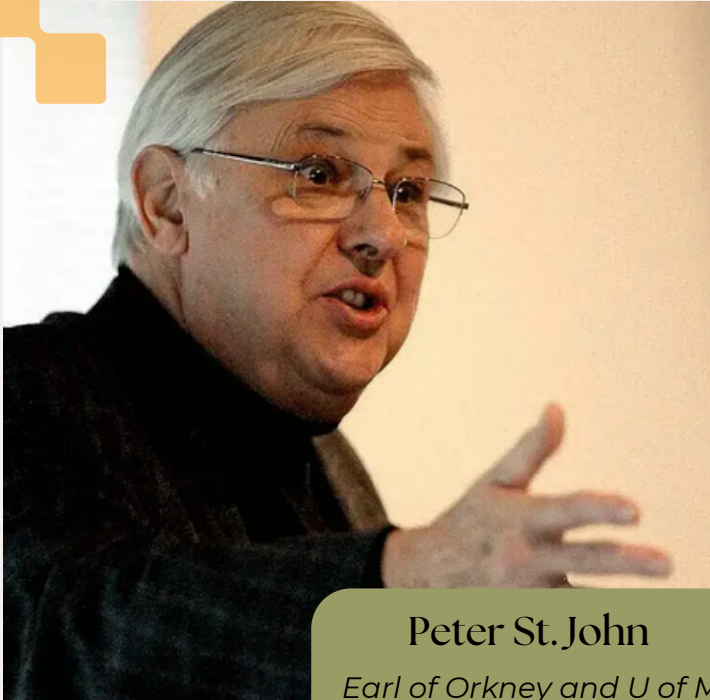


Vibrant social groups  
catering to a variety of  
interests and passions

Check out our website at [www.uwcwpgmb.com](http://www.uwcwpgmb.com) for more details. You may also download the application form [here](#) or email [uwcmember@mymts.net](mailto:uwcmember@mymts.net).

# UWC - EXPLORE CONTINUING EDUCATION

## Understanding the Threat of Autocratic Leaders in a Multi-Polar World



**Peter St. John**

*Earl of Orkney and U of M  
Senior Scholar*

We are very pleased to welcome back the Earl of Orkney and U of M Senior Scholar, Peter St. John to guide us through an exploration of these tumultuous times. In this course, he will discuss the threat of autocratic leaders and how global politics and democracies are being destabilized. As part of his presentation, Professor St. John will explain the characteristics of autocratic leaders, provide specific historical and current examples and consider the impact on our contemporary reality.

Join us in October to learn more about the rise of autocracy, the impact of the changes to the USA under President Trump, and how all of this will affect Canada and the world. Professor St. John's expertise in foreign relations, terrorism and international security ensure this will be a session not to be missed. Registration begins Tuesday, September 9th.  
Reserve your seats early as space is limited.

**Dates: Tuesdays, October 7th, 14th and 21st**

**Time: 9:45 AM – 11:30 AM**

**Fee: Members \$50 | Non-members \$65 (includes coffee/tea)**

Sign up [online](#), email [uwc@mymts.net](mailto:uwc@mymts.net), or call 204-954-7880. You can also visit UWC at 54 West Gate to sign up in person during business hours (Tuesday - Thursday). Payment is required at the time of registration. We accept cheque, debit, e-transfer to [uwcfin@mymts.net](mailto:uwcfin@mymts.net), or cash.

**Come learn with us!**



OPEN  
TO  
PUBLIC



The University Women's Club of Winnipeg  
*invites you to the*

# *Fall Fashion Show*

SEPTEMBER

SUNDAY

21

AT 1.00 PM

Ralph Connor House  
54 West Gate

**ADMISSION: \$40**

Experience timeless style with  
**Investment Pieces**, modeled by our very  
own UWC Members! The cash bar  
opens at 1:00 PM, followed by the  
Fashion Show at 1:30 PM. Dessert, tea and  
coffee will be served after.

RSVP by September 17th via online, by emailing  
uwc@mymts.net, calling 204-954-7880 or  
in-person. Pre-payment is required. We accept  
e-transfer to uwcfm@mymts.net, cash, cheque, and debit.



*You are cordially invited to the*

# ANNUAL TRUST FUND CELEBRATION

*of the*

## University Women's Club of Winnipeg Scholarship Trust Fund

*Wednesday, October 15, 2025  
1:30 PM - 3:30 PM at 54 West Gate*

### Guest Speaker: DR. VERENA MENECA



- Distinguished Scholar
- Recipient of the Jubilee Scholarship of UWC in 1987
- Professor Emerit of Community Health Sciences, Rady College of Medicine, University of Manitoba
- Former Canada Research Chair In Healthy Aging
- Director of the Centre on Aging at the University of Manitoba (2004-2014)
- Manitoba site leader of the Canadian Longitudinal Study on Aging

### PRESENTING:

#### **IMPORTANCE OF SOCIAL CONNECTIVITY IN OLDER PERSONS**

Effect of social connections on health and well-being, why social isolation and loneliness are detrimental, and ways to foster connectivity.

**Admission is \$15 per person** and includes refreshments.

Please RSVP to [UWC@mymts.net](mailto:UWC@mymts.net) or call 204-954-7880,  
as registration is limited.

Donations to the Scholarship Trust Fund gratefully accepted at  
this event or online at [Canada Helps](https://canadahelps.org).



# UWC Activity Groups

## CONTEMPORARY LITERATURE BOOK CLUB

We meet on the first Tuesday of the following months: October, November, December, February, March, April, May and June. The month of June is the meeting where we share ideas for books for the following year. Please join us at the Tuesday lunch and then for discussion of the book. All members of the club are welcome. See you on October 7th!

## MAHJONG

We meet the first and third Tuesday of the month from September until June from 10:00 AM until noon. In September we will meet on the 2nd and 16th. Join us!

## WEDNESDAY AFTERNOON BOOK CLUB

We meet the second Wednesday of the month from October to June (excluding January) from 1:00 PM until 3:00 PM.

## OUT TO LUNCH BUNCH

We are back again! Come join us on Friday, September 26th at Dave and Laverne's Modern Diner located in the Southdale Shopping Centre, 15 Lakewood Blvd. To reserve your spot, please RSVP by Monday, September 22nd. Need a ride? Let us know!

## SUNROOM GROUP

Hello Everyone! I hope you have all had a relaxing summer! It doesn't seem possible that we are nearing September already. Our Thursday afternoon Sunroom Ladies will be meeting again on September 4th, to share all of their summer adventures while enjoying a cup of coffee and delicious cookies. We meet at 1:15 PM to 3:00 PM. Please come and join us in the main floor Sunroom, all are welcome. Take care, see you all in September!

## SCRABBLE N' BABBLE

Scrabble and Babble resumes on Wednesday, September 3rd at 10:00 AM. All Members are welcome!

## MYSTERY READERS

Mystery Readers will meet on Wednesday, September 24th at 1:00 PM. We will discuss "Cold Mourning" by Brenda Chapman. All are welcome to attend.

## SOCIAL BRIDGE

During the summer Social Bridge has been played after most of the Wednesday summer lunches. We have been happy to welcome a returning player and a new player. In September, we will go back to our usual schedule, playing on the second and fourth Tuesday afternoons, starting at 1:00 PM. We try to finish by 3:00 PM due to traffic. We welcome new and returning players and are happy to provide coaching. If you are interested in Bridge, you are welcome to come and observe. Mark your calendars for September 9th and 23rd, October 14th and 28th, November 25th, and December 9th.

## 2026 RIVER CRUISE

Help keep the University Women's Club of Winnipeg in their century old club house. Enjoy the company of like minded people on a gentle river cruise provided by Avalon Waterways. Contribute \$100 to UWCW and join us on this cruise of the Danube at a time when the European Christmas Markets are flourishing. Contact Sandy Millen at millens1@mymts.net if interested.

### CHRISTMAS TIME ON THE LEGENDARY DANUBE WITH TWO NIGHTS IN PRAGUE

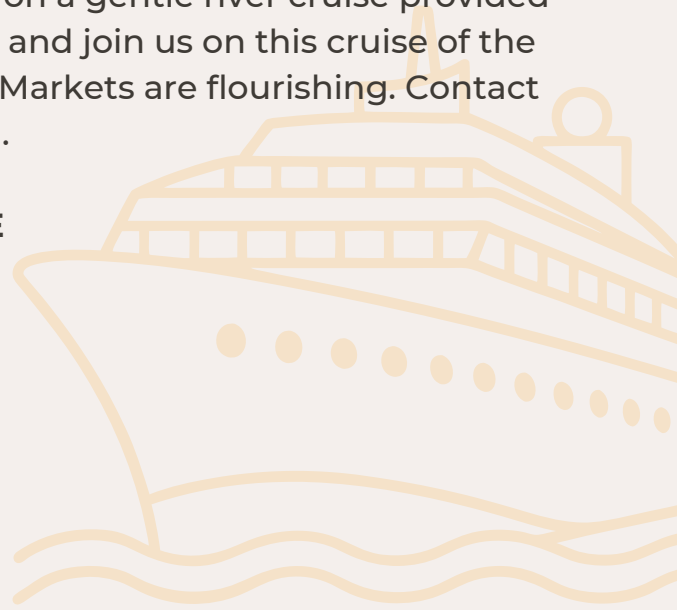
November 27 – December 6, 2026

10 DAY RIVER CRUISE PRAGUE TO BUDAPEST

- CAT D/E: \$6,501 per person\*
- CAT B: \$8,600 per person\*
- CAT A: \$8,650 per person\*
- CAT P: \$8,700 per person\*

Save \$700 per couple + FREE Pre-Paid Gratuities

*\*Prices are based on double occupancy, CAD, and include all taxes & port charges. Travel insurance, extra nights, airport transfers and airfare are additional.*



## Scholarship Corner

The work of the Scholarship Board continues. In late July, several trustees met with our speaker for the up-coming Scholarship Celebration Event during one of our club buffet lunches. It was an enjoyable and informative time with Dr. Menec.

The Scholarship finance sub-committee met with our Accountant, Ramona Tkachuk, to go over the financial year-end Review. This Review will be delivered to our Board at its September meeting. Our financial standing is in a healthy position.

Our next Scholarship Board meeting is on Thursday, September 18th at 10:00 AM.





cfuw fcfd

Realizing potential. For all women.  
Le pouvoir par le savoir.

To inform new members, CFUW (originally known as Canadian Federation of University Women) is a national organization consisting of 90 clubs including UWCW. I encourage all members to subscribe to the weekly CFUW Club Action Newsletter. Click [here](#) or go to the [CFUW website](#) and look for the tab to click to sign up. The newsletter contains information about what our national organization is up to as well as opportunities to virtually attend presentations from a variety of speakers.

CFUW's AGM was held virtually in July. A group of UWCW members gathered at RCH to virtually attend. Our Club had discussed all of the Resolutions at a conversation circle and at our AGM. All of the Resolutions were passed at the CFUW AGM. CFUW will send out information about actions Clubs can choose to do with respect to those resolutions. Our Club's Current Issues and Actions Committee will be reviewing those.

In case anyone is looking for an excuse to go to Montreal, the next CFUW AGM will be held in person next July 20 to 24, 2026. All members are invited to attend.

The August 15th [CFUW Club Action Newsletter](#) contained a copy of a letter from CFUW President Linda Sestock to Prime Minister Carney expressing concern about cuts in spending for Women and Gender Equality Canada (WAGE). I encourage you to have a look at it.

The MEMBER DIRECTORY 2025/26 is now ready for pick up at the UWC Office. We have limited copies and priority will be given to those who reserved in advance. Kindly get in touch with Jolene if you have questions.

UWC Membership Team

# SEPTEMBER MENUS

## MEALS BY WESTGATE CATERING

The regular price for club lunches is \$25.00. The cash bar opens at 11:30 AM, and lunch is served at 12:00 PM. Wednesday dinners cost \$35.00, with the cash bar opening at 5:30 PM and dinner served at 6:00 PM. Meal prices include buns, coffee or tea, taxes, and gratuity.

Beginning September 1st, to secure your spot, sign up [online](#), email [uwcmymts.net](mailto:uwcmymts.net), visit in person, or call 204-954-7880. To avoid penalties, you must cancel at least 24 hours in advance.

**Menu substitutions are available if requested in advance, and any special preferences, such as seating or parking, should be indicated at the time of reservation.**

**Please note the new reservation deadlines:**

*Tuesday lunches* — reservations close the previous Friday at noon

*Wednesday Program dinners* — reservations close the previous Monday at noon

*Friday Program lunches* — reservations close the previous Wednesday at noon

## Tuesday lunch menus

SEPTEMBER	<b>2</b>	No lunch available.
	<b>9</b>	Quiche with feta and red pepper • Spinach salad with mango dressing • Lemon chiffon torte
	<b>16</b>	Chicken Caesar salad • Garlic toast • Chocolate cake with ice cream
	<b>23</b>	Assorted sandwiches and dainties ( <i>Price is \$10</i> )

## Program lunch and General Meeting menu

OCTOBER	<b>1</b>	Salmon with mango salsa • Rice • Broccoli salad • Cheesecake with strawberry topping
---------	----------	--





## RALPH CONNOR HOUSE

Nestled in the heart of Winnipeg, this stunning heritage venue offers a romantic backdrop with its grand architecture, vintage details, and beautifully manicured gardens. Whether you're planning a cozy gathering or a lavish affair, Ralph Connor House provides a warm and sophisticated atmosphere that feels both exclusive and welcoming. Imagine exchanging vows in a sunlit room filled with character, toasting with loved ones in an elegant setting, and capturing timeless photos in a space steeped in history.

*Let this enchanting venue be the start of your forever story.*



Don't worry, Ralph Connor House isn't just for weddings—we're the perfect venue for all your special celebrations! From birthday parties and bridal or baby showers to anniversaries and corporate gatherings, our elegant and historic setting provides the ideal backdrop for unforgettable moments. Plus, we offer vendor recommendations to help bring your vision to life. Reach out today to learn more about our rental options and start planning your perfect event!



uwcevents@mymts.net



<https://www.uwcwpgmb.com/venue-booking/>

**CALL US FOR MORE INFO**



**(204) 954-7880**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 UWC is Closed STAT HOLIDAY: LABOUR DAY	2 10:00 Mahjong 3:30 External Event	3 10:00 Scrabble N' Babble 7:00 External Event	4 1:30 Sunroom Group	5 UWC is Closed External Event	6 External Event
7 1:30 Summer Birthday Celebration	8 UWC is Closed	9 11:30 Club Bar and Lunch	10	11 10:00 House and Grounds 1:00 Writer's Group 1:00 Finance Committee 1:30 Sunroom Group	12 UWC is Closed External Event	13 External Event
14 External Event	15 UWC is Closed	16 10:00 Mahjong 11:30 Club Bar and Lunch 1:30 Board Meeting	17 1:00 External Event 1:30 CIA Committee	18 10:00 Scholarship Committee 1:30 Sunroom Group	19 UWC is Closed	20 External Event
21 1:00 Fall Fashion Show	22 UWC is Closed	23 10:30 Program Committee 11:30 Club Bar and Lunch 4:00 External Event	24 1:00 Mystery Readers	25 1:30 Sunroom Group 2:30 FRCH Board Meeting	26 UWC is Closed FRCH Exterior Repair work	27 FRCH Exterior Repair work
28 FRCH Exterior Repair work	29 UWC is Closed FRCH Exterior Repair work	30 UWC is Closed STAT HOLIDAY: NATIONAL DAY FOR TRUTH AND RECONCILIATION FRCH Exterior Repair work	OCTOBER 1 10:00 Scrabble N' Babble 11:30 Club Bar and Lunch 1:00 Program Speaker: Sharilyn Knox 1:45 General Meeting,			